

©VISIBLE BREAKTHROUGH COACHING LTD

FINDINGME PERSONALISED COACHING SERIES MODULES

A Six Step Visible Breakthrough Series to develop a new sense of wellbeing, creating a life you love

FINDING ME- PERSONALISED COACHING SERIES

FINDING ME

**PERSONALISED WELLBEING AND
LIFE COACHING**



Visible Breakthrough Coaching

We coach busy women who quite simply feel they have been holding back from achieving their potential and true happiness. Women who are ready to make some positive and life altering changes, and who are prepared to try new and different things to move their life forward.

We help women discover a renewed sense of wellbeing and happiness through our transformational "Finding Me" Personalised Wellbeing and Life Coaching Series". A Six Step System that will introduce you to new ways of managing your wellbeing that will transform you and your life.

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Module 1:

#Problem-You are stuck in habits and ruts and your head is in a permanent busy state; you feel tiered and stressed often!

Take a Breath-A Journey to a healthier, happier you

You will be introduced to a fabulous Wellbeing Breath Toolkit that will help you to embrace a kinder healthier way of living your life, reducing stress and increasing energy levels.

Module 2:

#Problem-Your current thinking stops you from moving forward, you may even believe this is it for you!

The Naked Mind - learning how to use fear instead of letting fear use you-letting go of limiting beliefs

You will learn new techniques that will help you to understand and let go of your limiting beliefs, creating an opportunity for positive change in your life.

Module 3:

#Problem- I feel so tiered most of the time- I often feel like I have no energy!

The CHILL Factor-learning the core principles that create positive health and energy in your life

You will be introduced to the 8 keys to creating an extraordinary base for health, vitality and energy and how to easily incorporate them into a "busy" life!

Module 4:

#Problem- My life is so Busy; I never take time out for me!

Awakening the Sleeping Goddess-creating a space to develop a new perspective on your life

You will be introduced to a wide variety of holistic techniques that will help you to bring positive wellbeing practices into your life; tools that you can easily use at home to bring your giving and receiving into balance.

Module 5:

#Problem- You know there are things you need to change in your life and have an inner hunger for something more- maybe your life journey; your health or relationships have prevented you in the past.

Turn your Light on- an invitation to discover and use the incredible gifts you already have

Learn the 3 amazing steps to lasting change and the 5 keys to discovering your extraordinary, creating the life you maybe dream of and deserve.

Module 6:

#Problem- You want to do so much more with your life, however you feel stuck and not sure where to start

When we are Bold-Constant growth for an extraordinary life

Learn how to re-discover your passion and purpose; identify your inspired actions with our "GOAL" technique- **Get Out** and **Live your Life**- helping you to sustain and grow a life you love using all of the tools and techniques we have shared with you.

What is included in each Module:

- Training Presentation- Audio/Video
- PDF Downloads Worksheets; Templates; How To's;Resource Guides; Q and A recorded Webinars
- 90 minute one-on-one coaching session, conducted over Zoom Video Conference line and recorded for you to refer back to as a training aid

Extras and Bonuses:

Access to our dedicated Facebook Group - Where you can share ideas; ask questions and feel supported on your learning journey.

Access to Wellbeing and Life Coaching Retreats/Events-Finding Me- in fabulous locations designed for women who want to access our Six Step System, who prefer to learn in a face to face environment. You may like to do both!

Visible Inspiration emails direct to you from me.

Unlimited access to The Inner Sanctuary a space where you can find all things holistic from your own home- keeping your mindset and wellbeing in check.